

WARREN



"Jolly Rogers"

SENTINEL

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Volume 64, Issue 25

F. E. Warren Air Force Base, Wyoming

June 24, 2005

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Military Retiree Appreciation Day

INFORMATION FAIR

Pronghorn Center, Building 834

June 25 • (8 a.m. - 3 p.m.)

Open Bowling ID Cards/DEERS Updates Base Tours

Medical and Dental Screenings TRICARE Health Benefits

FREE LUNCH AND MUCH MORE!




NO PAIN, NO GAIN ...

Members from the Tactical Response Force Team finish up the fireman's carry during the "Team Pain" portion of the 2005 Crow Creek Challenge held here June 16. For more Crow Creek Challenge photos, see page 12.

Photo by Senior Airman Tonnette Boyd


Meet your new Wing Commander

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Commentary

First impressions are lasting

Col. Michael Carey
90th Space Wing Commander

First impressions are lasting. While it is important for all servicemembers to be professional and courteous, it is especially important for the sentries at our base gates, who provide the first layer of defense for the 90th Space Wing. As the new wing commander, I was impressed by how Airmen 1st Class Sean Daley, David Campbell and Fritzner Morel handled a potentially awkward situation.

I had been dining off base with my family, who were visiting from out of town. When we returned to base at 10 p.m., we encountered a "100 percent ID" check.

Being the "new guy" on base, I was unaware that local security forces operating instructions require every visitor to be identified with a visitor's pass.

This meant that I was unable to get back on base without processing my visiting family members through the Visitor Control Center.

Admittedly, I was very frustrated with learning the rules by bumping into them at 10 p.m. However, I was very pleased to observe that none of the three Airmen on post that evening

were remotely inclined to let me slide past due to rank or position.

They informed me of the security procedures, provided quick service and kept a professional demeanor the entire time. I am proud of the great job they did in handling the situation. They made a lasting, positive first impression on me and my family ... an impression that says: "We are professionals and courteous in the execution of our duties. We don't bend the rules ... not even for the wing commander." I would not have it any other way.

Thank you, Airmen Daley, Campbell and Morel for a job well done. You personified the 90th Space Wing motto: "Impavide," which is Latin for "undauntedly."

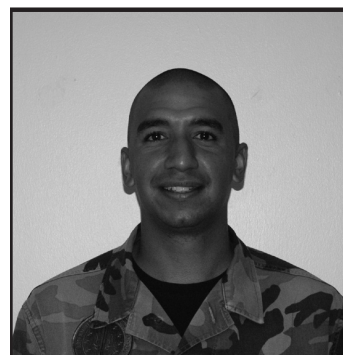
Man on the street

Public affairs asked Warren members, "If you were Commander for a day, what would you do?"



"I would push for off-duty education for everybody."

- **1st Lt. Scott Cresswell, 90th Comptroller Squadron**



"I would take advantage of the nice weather we're having. I would organize a base sports day, with games like baseball and football."

- **Senior Airman Cire Clarke, 90th Maintenance Operations Squadron**



"Give everybody the day off."

- **Senior Airman John Foster, 90th Logistics Readiness Squadron**



"I would take the opportunity to meet every single Airman."

- **Airman 1st Class Alicia Tamura, 90th Mission Support Squadron**

— Warren — SENTINEL

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90th Space Wing Commander

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Meet your new 90 SW Commander



Photo by Senior Airman Tonnelle Boyd

Col. Michael Carey, 90th Space Wing Commander, gives a speech at his change-of-command ceremony June 22 at the parade field here.

Col. Michael Carey
90th Space Wing
Commander

What is your time in service?

I enlisted in '78. Then I had a two and a half year break in service. Although I've been in for 27 years, technically I have 25 years total active service.

What are some of your previous assignment highlights?

Being commander of the 595th Space Warfare Center was absolutely a highlight. I was responsible for the units

that conducted testing and tactical development and combat training for Space Command forces.

The best and most rewarding assignment I've had was commander of the 321st Missile Squadron here. Prior to that, I had exclusive space operations experience, with the exception of my enlisted time. Coming to a missile wing as a novice missileer was quite a challenge. However, my wife Melody and I learned to appreciate the rewards of camaraderie and close sense of community. That made it very

comfortable coming back to F. E. Warren.

Overseas in the Philippines was an also an exciting experience. That's where our eldest son Matthew was born.

Serving as director of space forces over at Al Udeid Air Bases (from October 2004 to Feb. 26) was also a highlight. I was able to provide support in the battle for Fallujah, and to the Afghan presidential inauguration and the first Iraqi election.

Why did you enlist in 1978?

I knew I wanted to be in the service. The Air Force recruiter challenged me to come back and tell him what it was I was going to offer the Air Force, as opposed to welcoming me with open arms and I knew that the Air Force could offer me many educational and professional opportunities.

Why did you decide to get commissioned?

When I was an Airman, I didn't have a very strong focus on what to do with my life. There was a 2nd Lt. (now Col.) Wendy Campo who I cite as being one of the three most influential women in my life. She saw something in me and said, "Hey, have you ever thought about going to

ROTC?"

Lieutenant Campo steered me toward going to college and getting a degree. Senior Airman Mike Turner, my first-line supervisor, who probably saw me as an article 15 waiting to happen, was also influential in my decision. He gave me face-to-face leadership counseling. Between those two people, and my girlfriend Melody, who's now my wife, I had a lot of support. What I try to pass on to others is that I was a two-striper at the time, and the people who changed my life were a senior airman, a second lieutenant and my girlfriend.

Tell me about your family.

I have three boys. A 16-year-old, a 13-year-old and a 5-year-old.

My oldest son is an excellent student. He's a great kid. He's got a lot of charisma, a sense of humor and he's a really good soccer player.

My 13-year-old is a wonderful young man. He's a good student and has a lot

My youngest is just a joy. He's a lot of fun. He likes soccer, swimming, wrestling and shooting hoops in the backyard.


Melody and I met in high school, in chemistry class. We dated for five years and then married once I got commissioned. We just celebrated our 22nd wedding anniversary. She has a degree from the University of Nebraska at Omaha. We also have a dog named Shannon.

What does your family think about your new position?

In some ways they are impressed. The kids think, "Dad's more than the guy who takes the trash out." Melody certainly and the two older boys understand the magnitude of the responsibility and are up to the task to be mature family members during this transition. I think they're excited about it.

They humble me and they ground me. Melody is absolutely an Airman's and junior officer's best friend. She will not allow anything to get to my head. I was an Airman once and a crew dog once. She's the first one to remind me to take care of the folks who are getting the mission done and to remember my roots.

— Commander, Page 7



Col. Carey quick facts

Home town: Gaylord, Mich.

Favorite movie: "Kelly's Heroes" with Clint Eastwood

Favorite book: The Aubrey/Maturin series by Patrick O'Brian

TV show: "Jackers" a PBS kid show he watches with his son

Favorite meal: His wife's lasagna.

Victim confidentiality: Warren opens new SARC office

Courtesy of Air Force Print News

On June 14, a new DoD policy went into effect which allows sexual-assault victims to confidentially report crimes against them and obtain care under restricted reporting procedures without triggering an investigation or having their name, or the name of their assailant, reported up through their chain of command.

Under the new policy, victims will be able to speak confidentially with the

wing's sexual assault response coordinator, a victim advocate, or medical personnel. In the past, only chaplains could provide confidentiality.

These procedures ensure victims of sexual assault get the medical care, counseling and victim advocacy they need following a sexual assault, even if they are not ready to deal with the investigative and legal aspects of reporting a crime.

"The sole focus of the SARC office is to ensure sexual assault victims receive all the care they need," said

Capt. Ezra McSharry, who has been assigned to oversee Warren's new SARC office.

"There are many stigmas associated with reporting sexual assaults and sometimes these end up being barriers that prevent victims from seeking help," he said. "Hopefully, this new policy will encourage victims of sexual assault to seek assistance."

A sexual assault reporting hotline has been set up and is being manned 24 hours a day. The hotline number is 773-6444.

Sexual assault response coordinator: Capt. Ezra McSharry

Victim confidentiality: As of June 14, victims can report sexual assaults without initiating a criminal investigation.

24-hour hotline: 773-6444

Briefs

Retiree volunteers wanted

The retiree activities office is looking for volunteers to man the office from 9 a.m. to noon or 1 to 5 p.m.

They are also looking for volunteers to assist on the production and publication of their newsletter.

If you are interested, contact Armin Lichtfuss at 773-2309 or e-mail fewrao@warren.af.mil.

Estate claims

If anyone has claims for or against the estate of Airman 1st Class Justin Souza, 90th Missile Security Forces Squadron, contact 1st Lt. Steve Brown at 773-4144.

90 MDG changes phone number

The 90th Medical Group is changing its phone number to implement a new automated phone system. Starting July 1, contact the clinic at 773-3461.

Free Dorm Escape BBQ

The Chiefs and Sergeant Majors Group is sponsoring a free barbecue 4:30 to 7 p.m., Thursday at Dorm Escape. All Airmen are invited for free hamburgers, hot dogs and chips.

Asbestos and lead based paint training

Quarterly awareness training for asbestos will be offered at the base theater 8 to 10 a.m., Wednesday. Lead based paint awareness training will be offered directly following from 10 to 11:30 a.m. Attendance for some servicemembers is mandatory. However, everyone else is welcome and encouraged to attend.

For more information, contact Mike Zak at 773-4358.

Hazardous material disposal

Warren does not have a formal collection point for hazardous materials accumulated from base housing. However, there is a nearby collection point. The Household Hazardous Waste Collection Depot is located at the solid waste transfer station in Cheyenne. An appointment must be made by calling 637-6440, Monday through Friday from 7 a.m. to 5 p.m.

The depot accepts pesticides, herbicides, poisons, used motor oil, anti-freeze, fuels, solvents, flammable liquids, cleaners, corrosives and oil-based paints. The depot does not accept latex paints, asbestos, compressed gas cylinders, explosives, medical and biological wastes and radioactive material.

For more information, call the depot at 637-6440, or visit their Web site at <http://www.cheyennecity.org/hhw.htm>.

Transitioning?

Try NCOA's Veterans helping Veterans

Anthony White

Non-commissioned Officers Association

Are you planning to separate or retire from military service in the near future? Do you have employment? Do you know who to contact? Where to go? When to start making your move? Or better yet, how to go about looking for employment opportunities? The Non-commissioned Officers Association's Veterans Employment Assistance is an option for you and your family members.

Since 1973, the NCOA VEA has helped thousands of transitioning veterans and their family members enter into the civilian workforce. While maintaining this primary mission, the VEA opens its door to all job seekers.

Presently, the VEA office manages two programs that reach out to veterans. These programs are the National Job Fair and Job Board. There are no rank restrictions, membership requirements or fees

charged to the veterans or civilian job seekers. VEA is not an employment or staffing agency.

A typical NCOA National Job Fair will attract between 500 and 1,000 skilled job seekers, and 30 to 70 local and national companies. So far in 2005, the NCOA has hosted eight job fairs—all in the continental United States, mainly on military installations.

The Job Board, www.militaryjobworld.com, is an online job database. The Job Board is free to all job seekers to post their resume, search for jobs, and read articles and tips that will position them for employment. Job seekers can also find the latest information about the National Job Fair Program to include dates, locations and participating companies.

As a way to get our transitioning

servicemembers in front of hiring companies, we're opening up our resume data base to all companies from July 1 to 7. This is just another option to get troops out in front of a company recruiter and sell their skills and experience on paper to find suitable employment.

Our participating companies want and desire candidates with military backgrounds because of their integrity, managerial and technical skills, discipline, training and experience. Company recruiters will look at the resumes in our data base to seek out potential employees. Again, this service is free to all job seekers.

For more information about the National Job Fair Program and the Job Board, visit us at www.militaryjobworld.com.

Chapel offers vacation bible school programs

Ch. (Capt.) Matthew Franke
90th Space Wing chaplain

What do Latin and "Roary the Lion" have in common? They're both ways Warren Chapel parishes are helping kids learn about their religion. This year, the chapel is offering two vacation bible school programs to the military community.

Totus Tuus (Latin for "totally yours") is a Catholic summer bible school for elementary, junior and senior high school students. College students and seminarians come to Cheyenne to help teach and share the Catholic faith.

A typical day for elementary students is spent in catechetical instruction, songs, games, daily

mass, an opportunity for the sacrament of reconciliation, lunch, recess and more. The week ends with a water fight on Friday. Elementary students will meet at St. Mary's School (112 E. 24th St.) from 9 a.m. to 2:30 p.m., Monday through July 1.

Junior and senior high school students will spend time learning about the Catholic Church.

Programs for older youth will meet in Hartman Hall at St. Mary's Cathedral from 7:30 to 9:30 p.m., Sunday through Thursday.

To register or receive more information on *Totus Tuus*, fill out a registration form at the High Plains Chapel office or call Debbie Hebert at 214-7253.

Where do kids go wild about their religion? At *Serengeti Trek*, our Va-

cation Bible School sponsored by the Protestant parish. Children will go on safari to learn about Gideon's battle plan, Daniel in the lion's den, the three men in the fiery furnace, the story of Jesus, and Paul and Silas' jailbreak. Add a lot of games, songs, refreshments and skits and your kids will find it to be one great adventure.

Serengeti Trek is for children entering first through sixth grades in the fall and will be held at the Chapel Activities Center (Building 212) from 6 to 9 p.m., Sunday through Thursday. To register, call Carolyn Johnson at 773-3159 or the chapel office at 773-3434.

Both *Totus Tuus* and *Serengeti Trek* start this Sunday.

There is no fee for either of these programs.



Construction Corner

Road closure update

The western intersection of Fort Warren Avenue and Park Drive near the flag pole area reconstruction will be closed along with North Argonne and North Cannon until July 15. For more information, contact Capt. Dustin Born at 773-6016.

10th Cavalry/finance access

Due to heavy rainfall the opening date for the entrance of the finance office will run until June 30 to allow all of the water to dry up and to complete the concrete valley pan repair. If you have questions, contact Master Sgt. Nick Lumbraz at 773-2049.



Photo by Senior Airman Tonnette Boyd

SHOW THEM THE MONEY

Thanks to bowling tournaments hosted by Warren Top 3, the Air Force Enlisted Village will receive a check in the amount of \$600. "Master Sgt. Bernadette Hamilton, Warren Top 3 president, did a phenomenal job leading the change to make this fundraiser a success," said Chief Master Sgt. James Wood, 90th Space Wing Command Chief. "Team Warren's outstanding support of the AF Enlisted Village constantly stands out and is of its own whether active duty or retired," said Chief Wood. From left to right: Chief Master Sgt. Michael Morey, 20th Air Force command chief; Master Sgt. Bernadette Hamilton, 90th Space Wing law office superintendent; and Chief Wood.

Commander, from Page 5

She's the best.

What do you think are the qualities a good commander should possess?

I think proficient knowledge of the mission is first and foremost. If you don't understand your people and their mission, your credibility is instantly questioned. I think another very important quality of a commander is the delegation of authority to the people who are best able to execute decisions. Trust your people. You must have the ability to connect and communicate with people in order to lead them. If I'm out there leading and no one's following, then I haven't communicated effectively.

How can someone get on your good side?

Everyone starts on my good side.

How can someone stay off your bad side?

Do your job professionally. Do the job you have been assigned, do not worry about your next job. Have integrity. Do your best to have a positive and pleasant disposition. We all have good and bad days. Some of us are in positions we'd rather not be in. The good news is if you're on my bad side you don't stay there long. Everyone has a chance to recover. I'm not

afraid to admit that I made a mistake and I'm not afraid to change my mind if new facts and give me a reason to do so.

What do you hope to accomplish during your time here?

The first order is to continue to lead the 90th Space Wing in its already well-established record of performing the mission of strategic deterrence and prompt global strike in an excellent fashion. The track record of this wing in the recent past has been phenomenal. I look forward to sustaining and improving the mission.

I really hope to create a social fabric in the wing so that people don't feel that they are part of a subclass based on AFSC or organization. When we work together for one purpose, we'll develop a sense of community. A sense of community should transcend through each group and out into the missile field.

The last thing would be to perpetuate the 90th Space Wing's great reputation to the rest of the world. We are on the national stage potentially, and I want to make sure the men and women of the Mighty Ninety are portrayed as they are, as excellent servants to the United States, and not any less than that.



Photo by Airman 1st Class Lauren Sixbey

KEEPING WARREN CLEAN

First Lt. Nicole Walters, 90th Space Wing, diligently picks up trash alongside Building 250 Wednesday. At the request of Col. Michael Carey, 90th Space Wing Commander, a new daily facility clean-up policy will be effective immediately. All servicemembers are required to take pride in the installation by picking up trash around their building at the beginning of each duty day in order to maintain the appearance of Warren.

Library gives kickbacks to readers

Lara Schnick
Warren Library

The base library is offering two reading programs for Warren children and their families.

Story hour is held every Friday at 11 a.m. followed by a story-time craft.

Children who attend story time will receive a stamp on their Kickback Summer card.

In addition to children's story time, the library is also offering a summer reading program.

Each child who registers and completes the first level for the summer reading program, "Dragons, Dreams and Daring Deeds,"

will receive one stamp on their Kickback Summer card. This program has no age limitations.

The summer reading program began June 10 and will run throughout the summer. The program will end with a summer reading program party on Aug. 19 during the regularly scheduled story time.

More prizes will be given with each level of the reading program completed.

For more information, contact the base library at 773-3416.

For more information on the Kickback Summer program, visit the 90th Services Squadron website at <http://www.90svs.com>.

Children's story time schedule

Today: Celebrating National Safety Month with a 911 craft.

July 1: Patriotic story and craft in recognition of upcoming 4th of July holiday.

July 8: Celebrating Macaroni Day with a story and craft.

July 15: Celebrating National Recreation and Parks Month with a bug magnet craft.

July 22: July is National Ice Cream Month. The story time craft will be to make, and play ice cream cone-concentration.



Photos by Lara Schnick

Logan Schaad carefully works on a story-time craft April 15 at the base library.



Second Lt. John Mann, 321st Missile Squadron, and his family listen to a story in celebration of Dairy Month June 3 at the base library. The story was followed by a color and glue paper craft.



A Warren family listens to a story during Adopt a Shelter Cat Month story time June 10 at the base library. The story was followed by an Adopt a Shelter Cat Month project.

Develop environmentally friendly habits

Kim Mickley
90th Civil Engineer Squadron

Warren offers many recycling opportunities for base residents.

Recycling opportunities on base include the recycling of plastics, cardboard, brown glass, clear glass, paper, newspaper, magazines, aluminum cans and tin cans. The recycling of paper, magazines and newspaper is accomplished by Thursday morning pickups from work offices and bi-monthly residential curbside collections. Bi-monthly curbside collections also include plastics, aluminum cans and tin cans. There are cardboard collection dumpsters located near buildings 160, 266, 326, 363, 368, 400, 714, 837, 1235, 1241 and 1284. All other recyclable items are collected at the base recycling center.

The recycling center is located at the corner of Missile Drive and Blackpowder Road between buildings 781 and 841. The dumpsters are well labeled; simply use good judgment with regards

to what you recycle. The contractor will not pick-up anything you leave on the ground.

Use the recycling center and help the base by keeping it neat and orderly. It's one of the first things a person will see when entering the base through Gate 2.

A tidy recycling center leaves a good first impression as to the environmental practices which are incorporated at Warren.

Each home on base should have three recycling bins for curbside pickup. If your home does not have three bins, call Kim Mickley at 773-4357 for additional bins.

If you will be vacating your home during 2005, please leave your recycling bins and recycling magnet for the use of the next resident.

For those who do not have a recycling magnet, which specifies curbside pickup dates, you can obtain one at military family housing, Building 306.

Toner cartridges can be recycled at the Envision store or at the environmental flight, Building 367.

Help Warren by developing environmentally friendly habits.



Warren Compost Facility



Hours: Wednesdays and Thursdays 10 a.m. to noon and 1 to 7 p.m.
Fridays and Saturdays 8 a.m. to noon and 1 to 5 p.m.

Point of Contact: Kim Mickley, 773-4357

Location: Mule Deer Road, Building 981, behind grounds maintenance – Building 985

Materials Received:

- limbs, brush, wood chips
- bar and tree trunks cut less than 4 feet in length
- pallets, not painted or stained or treated
- grass clippings, prunings, weeds, tree needles
- leaves (may contain very small twigs)
- horse manure and bedding
- sod and topsoil

Place by the following sign

- Branches
- Firewood
- Pallets and wood
- Grass and leaves
- Grass and leaves
- Horse manure
- Sod and topsoil

Materials not accepted:

- garbage (metal, furniture, glass, plastic or paper bags are included)
- recyclable materials (cardboard, plastic bottles, cans, newspaper)
 - animal carcasses
- plywood, pressed wood, plastic laminated wood, particle board, waferboard
 - tar/asphalt felt (roofing base sheets), roofing shingles
- painted or treated lumber (green woods, creosoted woods, railroad ties)
 - loads mixed with trash, foodstuffs
- materials treated with pesticides (wooden ammo boxes)

Product availability

Not all products are on hand at all times and supplies may be limited due to seasonal availability and demand. Products are free to all military members, dependents, DoD civilians, base grounds maintenance contractor and any other authorized contractor.

Product descriptions

Natural cover mulch

Wood chip mulch produced from ground brush and limbs. Use as a decorative cover around trees, shrubs and other plants to hold in moisture.

Manure compost

Produced from composted manure, stable bedding materials and sawdust. Used to increase water holding capacity and improve soil structure when planting trees, grass, and bedding plants. Also used to top-dress existing turf grass and potted and bedded plants. Provides soil nutrients, organics and beneficial soil microbes.

Currently the compost is being processed so it will not be available until October.

Double grind mulch

Wood chip mulch ground extra fine. Used for decorative mulch.

Screened topsoil

Recycled topsoil screened to eliminate rocks, clods, sticks and other items.



6 by 2.5



Photo by Master Sgt. Maurice Hessel

SECURITY FORCES AIRMEN ESTABLISH NETWORK WITH LOCALS

IRAQ -- Staff Sgt. James Partin talks to local children during an Operation Kaleidoscope mission. The new program adds extra protection and gives locals a point of contact to call if they see suspicious activity that could harm U.S. or coalition forces. Sergeant Partin is assigned to the 407th Expeditionary Security Forces Squadron at nearby Tallil Air Base.

DOD cautions against 'loan-shark' lenders

Terri Lukach
American Forces Press Service

WASHINGTON -- The Defense Department has launched a new effort to educate servicemembers about the dangers of borrowing from "loan-shark" lending companies and to teach them how to avoid ending up in a spiral of compounding debt, a DOD official said June 17.

The most prevalent type of loan-shark lending affecting servicemembers is what is known as "payday loans," said John Molino, deputy undersecretary of defense for military community and family policy. "A payday loan is essentially a plug -- money that gets you from today to the next payday so you can cover your bills."

The problem is that such loans are very expensive,

he said.

"Typically, a payday loan of a \$100 will cost the borrower \$17 for two weeks," he said. "The average payday loan is about \$500, so now we're talking about a fee of \$85."

"By itself, that's not a big problem," he said. "However, when you consider that it is not uncommon for that military member to roll the loan over four or five times, that \$85 will grow exponentially to the point where you are paying an enormous amount of money for the relatively meager amount of the loan."

Considering that about 9 percent of all enlisted servicemembers and 12 percent of all midlevel non-commissioned officers use payday loans, the potential for detrimental effect on mission accomplishment is very real, Mr. Molino said.

"If you're in debt, you have other things in mind," he said. "You're doing things other than concentrating on the mission; maybe you're taking on other employment. The effects are long lasting and go deep into a person's performance; it affects unit readiness."

Part of the problem is the proximity of payday lenders to military installations.

"If you look at where they position their businesses, they are right outside the gate," Mr. Molino said.

A recent study of 15,000 payday lenders in more than 13,000 ZIP codes in 20 states that have military installations revealed that payday lenders open their storefronts near the installations.

Mr. Molino said the department is taking steps,

FOR WARREN MEMBERS IN NEED OF FINANCIAL ASSISTANCE, CONTACT SHAUNA LACEY, PERSONAL FINANCIAL MANAGER, AT 773-3536.

such as holding fairs at military installations, to educate servicemembers about the dangers of payday loans and familiarize them with ways to put themselves and their families on a sound financial footing.

"We can make (servicemembers) smarter," he said. "We can make them better consumers; we can teach them how to save for a rainy day, so when they need to borrow they can -- and pay themselves back at no interest. We are also doing something about payday lenders."

Mr. Molino said his office is watching them closely,

looking at behaviors and patterns that are inconsistent with state law and encouraging states to pass laws that are not only friendly to servicemembers but also require honesty and discipline on the part of payday lenders.

"We believe we need to work hard to limit the impact of payday lenders, but the real answer is to help our servicemembers and their families get control of their own finances to be in charge of their future," Mr. Molino said.

Warren civilian 'cowboys up' for CFD

THE CIVILIAN PAVILION

Matt Cox
Visual information

In Cheyenne, the last week of July is the culmination of a year's worth of work. As the world's largest outdoor rodeo and western celebration, Cheyenne Frontier Days is truly the Daddy of Em' All.

With Nashville's hottest artists lighting up the stage every night, world-class rodeo cowboys competing every afternoon and 10 days worth of guiltless western indulgence and nostalgia, the event is a certifiable spectacle.

To make this century-old rendezvous go off without a hitch, the city of Cheyenne enlists the invaluable assistance of countless volunteers. Warren personnel have played an integral part of Cheyenne Frontier Days for most of the event's existence, and for the past 20 years one Warren civilian has clocked countless hours on the CFD ticket committee.

Base cable supervisor Audean Dyer, Remtech Ser-

vices, 90th Communications Squadron, started working with CFD through the military committee in 1985 while he was stationed here. When he retired in 1989 after a 26-year Air Force career, he continued to work with CFD.

His job on base is a lot like his job at the fair grounds: Both require connecting people to places and people to each other. On base, Mr. Dyer and his crew keep Warren's nervous system of fiber optics up and running; at Frontier Park, he makes sure every visitor knows where they are up and running to.

As an usher, Mr. Dyer has helped fans file into rodeos and night shows for nearly two decades. He's met many people during that time, some from the seats and some from the stage.

He explained how a few years ago he happened upon the band Sawyer Brown during its afternoon sound check: "I was in the grandstand and I heard them playing, so I took a peek. A couple of them were on stage and the others were tossing a baseball around; I met the whole band, it was great."

He also recalls the family from Germany who makes the trek to Wyoming for CFD every summer and sends the ticket committee office a card every Christmas.

It's those encounters that keep him coming back year after year.

For Mr. Dyer, like the rest of the CFD volunteer corps – CFD is run almost entirely by volunteers – it's the months and days prior to the week-long celebration that most of the work gets done. It's this 355-day preparation that makes the other 10 days run so smoothly.

When he was appointed ticket committee assistant director of personnel in 2004, his duties increased markedly. In addition to the monthly committee meetings held throughout the year, he's also in charge of fielding applications for new ticket committee volunteers and maintaining up-to-date volunteer

contact information.

With more than 270 volunteers on the ticket committee, this is no small job.

But his experiences with the performers, like Sawyer Brown, and the visitors, like the family from Germany is what he really gets a kick out of.

"I enjoy working with all our volunteers and meeting the folks who come to CFD," he said. "We all work very hard to make Frontier Days a success."

The closer it gets to July 22, the more intense the work becomes.

Mr. Dyer explained that all committees spend the months leading up to July planning and assigning the volunteer's responsibilities. Because the ticket committee literally holds the one thing that puts Wranglers in the grandstand, it bears a heavy responsibility.

From ticket sales, gate

sales and admissions, concert and rodeo admissions to the folks on the ground serving as ushers, ticket takers and customer service assistants, these people are the face of Cheyenne Frontier Days.

"We're everywhere," said Mr. Dyer. "We're out there all day during CFD helping people find where they need to go."

He said the ticket committee "can always use help" so volunteer opportunities are still available.

With CFD only a month away, the buzz around the city is getting louder. Mr. Dyer is ready for another great week-long party and he's already thinking forward to the summer of 2006.

"It's just around the corner," he said. "Then we'll get ready to do it all over next year."

To volunteer on the ticket committee contact Mr. Dyer at 773-6614 or 637-4652.

Interested in getting a different view of Cheyenne Frontier Days? The CFD ticket committee is looking for people to fill the following volunteer positions from July 22 to 30: Ticket takers, ushers, customer service, and others.

Contact ticket committee assistant director of personnel Audean Dyer at 773-6614 or 637-4652 for more information.

6 by 6.5

Warren softball 'in the throw'

Softball standings

American			National		
Team	W	L	Team	W	L
90 SFS	5	1	CES A	8	0
790 A	5	1	LRS	8	1
20 AF	3	1	MSFS 6	7	2
SSPTS	5	2	90 MDG	5	3
90 OG	3	2	153 CACS	5	4
MSFS 1	2	3	MSFS 2	4	5
90 SFG	3	5	MMXS	3	4
MSFS 3	1	6	790 B	2	3
319/320	0	2	COMM	3	6
(Intramural softball standings			CES B	2	7
as of Wednesday.)			321/400	2	8
			MSFS 4	1	7



Above: Tech. Sgt. Dennis Stehley, 790th Missile Security Forces Squadron, crosses home plate and scores a run for his team.
Left: Airman 1st Class Christopher Henkel, 790th Missile Security Forces Squadron, swings.



Master Sgt. Eric Rider, 90th Space Wing, tries stretching his hit into a double Tuesday evening as the 90th Logistics Readiness Squadron took on the 790th Missile Security Forces Squadron.



Newcomer carries on family tradition

Airman's small-town roots help make Cheyenne feel like home

Airman Kristopher Osgood of the 90th Medical Group is fresh from technical school at Sheppard AFB, Texas. The Fort Fairfield, Maine, native has a long family history of military service, considers Cheyenne a step up from his hometown, and looks forward to seeing the world and all the military has to offer.

On the advice of his first sergeant, who personally recommended Airman Osgood for the interview, Senior Airman Tonnette Boyd chatted with the medical logistics apprentice.

Why do you think your first sergeant chose you for this?

I guess he just thought it would be a good way to break me into the base. It's nice that you asked for a stellar troop, and he thought of me. I'll do my best to live up to it.

Did you choose Warren as your first base?

Originally, I chose overseas and east coast bases, but I guess I lucked out. My supervisor knew I was coming here before I even got out of basic, which surprised me.

Why do you think you lucked out?

I'm from a very small town, so Cheyenne's actually a pretty good-sized city for me. It's probably about 20 times larger than the town I'm from, so there's a lot out here for me to do. It's also nice because Denver is close, and where I live there are no big cities within a five-hour drive. So this is actually a nice location to me.

What do you do here?

Control the warehouse. I check in all the inventory, inspect it, and deliver it to different parts of the clinic. And of course give my supervisor a headache [supervisor laughs in background.] It's important because every type of medicine the clinic has comes through us, and we have to keep



Airman Kristopher Osgood, 90th Medical Group, scans in medical supplies Wednesday.

track of what we have and need.

Tell me about technical school and basic.

I actually had more fun in basic than tech school. Tech school was quiet, short and kind of boring. Basic was a real trip. It's a bunch of mind games, but I expected that. I have friends and family who've gone through the military, and they told me what

to expect. So it wasn't too bad for me. I kinda look back on it now and laugh.

Tell me about the family members who've served.

I have an uncle in the Army National Guard. He just got back from Mosul, Iraq. He was there for 18 months. My mother and father both served an enlistment. Actually my mother served two,

but by then she had two children so she decided not to continue. I have another uncle who was in the Air Force. My grandparents have all served, one of my grandfathers was in Vietnam, so the military is just a part of my family.

How did they react when you told them you were joining?

Oh, they were excited. I told them early on in high school that I'd be joining the military, and they were happy and proud. When the war broke out, they kind of wished I'd gone to school instead, but they knew I wanted to do this, dealt with it, and they're still proud I'm in.

Where would you like to travel to?

I'd love to go overseas, England, Italy, Asia for sure. I've been told Japan and Korea are nice — well, Japan is really nice, Korea's just fun. Japan's supposed to be a beautiful country.

What do you do in your spare time?

I spend most of my time watching Sports Center. I have several subscriptions to magazines, especially car magazines. I don't read books much. It takes too long.

Well, you're in for some fun -- you have CDCs and WAPS studying to look forward to.

I know, it's going to drive me nuts [laughs.] Luckily the sergeant testing is way down the line for me. Hopefully I'll be used to it by then.

Why did you personally want to join the military?

I just wanted to leave the area. I've lived there all my life, and it's pretty boring. I wanted to travel, and couldn't afford to do it on my own, so I thought I'd let the military pay my way, see the world and get an education. I'm glad I joined the military, I'm looking forward to it.

"Airman Osgood is a bright, excellent, hard-working troop. Having just arrived at F.E. Warren, he's shown lots of initiative. He's a joy to work with."

-- Tech. Sgt. Lynette Burden, NCOIC Prime Vendor, 90th Medical Group

Five-man paintball tournament

Get a team together and enter the five-man paintball tournaments hosted by outdoor recreation with prize packages sponsored by Jax Outdoor Gear and On-Site Automotive (no federal endorsement of sponsors intended). The next tournament is Saturday at the base paintball field with two others set for Aug. 6 and Sept. 3. Entry deadline for the first tournament is Tuesday. Enter at outdoor recreation, which is open 11 a.m. to 5 p.m., Mondays, Tuesdays, Thursdays and Fridays. Entry fees are \$15 per person. This include unlimited Co2, 200 paintballs, safety equipment, and marker if needed. Official tournament rules apply. No outside paint; paint available for sale at site.

Prizes and awards for first, second and third place teams in the Saturday tournament are:

First place: trophies, PMI paintball pants, jerseys and glove sets and coupons for 20 ounce Co2 fills

Second place: Trophies, Six-plus-two packs with tubes and coupons for 20 ounce Co2 fills.

Third place: Trophies, \$15 Jax gift certificates and coupons for 20 ounce Co2 fills.

For more information call 773-2988.

Fishing boats ready for rental

Outdoor recreation has 14' boats with 15hp motors ready for rental. A rental requires a 1 7/8" ball, a flat four-electrical connection for the lights and a completed boaters safety course. Renters are also recommended to check to see that their vehicle insurance covers rented towed vehicles. Reservations for the boats can be made up to 30 days in advance by calling ODR and guaranteed with a VISA or MasterCard. For more information, call ODR at 773-2988.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m. Also invited are family members of the deployed.

Family members of E-1 to E-4 active duty are welcome to accompany their sponsor to any and all Chadwell Dining Facility meal times.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed? Call or stop by the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Golf 4 Kids

Kids ages 8 to 13 are invited to learn to play golf Monday to June 30 and July 11 to 14.

Participants will receive a Golf 4 Kids logo T-shirt, cap, golf towel, neon tee pack and bag tag, rules and etiquette brochures and a graduation certificate.

Children graduating from

the program will get a free set of top quality junior clubs to keep. The cost is \$99.

For more information, call 773-3556.

Xtreme Bowling

Come to Warren Lanes on Friday and Saturday nights and participate in Xtreme Bowling. Xtreme bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls.

The cost is \$7.50 per lane/per hour. Bowl 9:30 to 11 p.m. Fridays, and 7 to 11 p.m., Saturdays.

Give Parents a Break program

Give Parents a Break is a free child-care program for active duty members with children ages 6 weeks to 11 years who are under unique stress.

The program is available monthly on the first Saturday, 8 a.m. to noon and third Friday, 5:30 to 9:30 p.m.

A referral must be requested from squadron commanders, first sergeants, chaplains, medical profes-

sionals, family advocacy, family support center or the child development center.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall. The stall can be reserved one business day prior at the standard rate of \$3 per hour.

One stall will be available for reservations, and will not include a lift.

Reserved stalls will be held until five minutes after the reserved time then released to waiting patrons.

For more information, contact 773-3869.

Discover archery

Kids ages 8 to 17 and adults are invited to participate in the free Discovery Archery Program July 11 to 15. Kids classes are 8 a.m. to noon. Kids will learn proper shooting techniques, scoring and archery range rules.

Adult classes are 1:30 to 4:30 p.m. Adults will become Level 1 certified instructors.

Sign up at the Youth Center by July 6.

6 by 6

27th Annual Buffalo Stampede

July 23
7:00 a.m. show-time, 7:30 a.m. 5k/10k start
Warren

Awards
Top male/female in each race
Top three per age group
All runners get a T-shirt
Entry fees \$15

Directions to Warren:

Warren sits alongside Interstate 25 on the southwest side of Cheyenne. Once in Cheyenne, take exit 11 (Randall Ave./Pershing Blvd. exit) to Warren Gate 1. Once at the gate, you will be given directions to the parking area and start line.

.....2005 Buffalo Stampede Registration Form.....

Name: _____

Phone: _____

Address: _____ City: _____

State: _____ Zip: _____

Event: 5k / 10k (circle one)

T-shirt size: M L XL (circle one)

Sex: M / F (circle one) Age: _____

Amount enclosed: \$ _____

Mail form to: The Buffalo Stampede
 c/o Lt. Paul Mayo
 1603 Maroon Drive
 Cheyenne, WY 82001

Questions: Call 421-6758 or e-mail mrmayo01@hotmail.com

Make checks payable to: Buffalo Stampede

Tooth decay Q & A

Capt. Dan Greenhalgh
90th Medical Operations Squadron

Tooth decay (also referred to as "caries" or "cavities") is a disease that affects most people during their lifetime. But unlike many other diseases, cavities are not life threatening and are preventable.

Here are some common questions and answers to help you better understand tooth decay and what you can do to avoid it:

What causes tooth decay?

Tooth decay occurs from frequent exposure to foods containing carbohydrates, starches and sugars such as sodas, candy, ice cream, milk, cakes and even fruits, vegetables and juices. Natural bacteria live in your mouth and form plaque, which interacts with deposits left on your teeth from sugary and starchy foods to produce acids. These acids damage tooth enamel over time by dissolving the mineral structure of teeth, producing tooth decay and weakening the teeth.

How are cavities prevented?

Simple saliva in your mouth acts as a buffer, but this natural defense is not enough to completely combat tooth decay. The best way to prevent cavities on a daily basis is to brush and floss regularly, using toothpaste and dental floss with fluoride, a natural substance

that helps remineralize the tooth structure. Fluoride is also added to many community water supplies and even some bottled and canned beverages.

Who is at risk for developing cavities?

Because we all carry bacteria in our mouths, everyone is at risk for developing cavities. High-risk groups include children, senior citizens and anyone with a lot of fillings. If your diet is high in carbohydrates and sugary foods

or if you live in a community without fluoridated water, you may also be at a greater risk for tooth decay.

What can I do to protect my teeth?

The best way to prevent cavities is to follow three simple steps:

1. Reduce sweets and between-meal snacks.
2. Brush after every meal and floss daily with particular attention to hard-to-clean areas. Cavities most often begin between teeth and in their fissures (fine cracks) and pits - the edges of the tooth crown (the exposed enamel covered portion) and gaps between teeth.
3. Visit your dentist at least every six months for checkups and professional cleanings. Since cavities can be difficult to detect, a thorough dental examination is vital to healthy teeth.



Personnel Reliability Program is everyone's responsibility

Question: What are the qualifying personal standards for performing PRP related duties?

Answer: A servicemember must:

- Be dependable in accepting responsibility
- Be physically, mentally and technically proficient
- Have good social adjustment, emotional stability, and the ability to exercise sound judgment in meeting adverse or emergency situations.

Why does this sound so familiar? Probably because it is also a requirement we all have in our core values. Integrity first, service before self, and excellence in all we do.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

Military Retiree Appreciation Day

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

INFORMATION FAIR

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Pronghorn Center, Building 834

June 25 • (8 a.m. - 3 p.m.)

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Open Bowling ID Cards/DEERS Updates Base Tours

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